



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20051, Rice, white, medium-grain, enriched, cooked

Report Date: June 27, 2017 04:56 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 68.61 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Energy | kcal | 130 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Energy | kJ | 544 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2005 |
| Protein | g | 2.38 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Total lipid (fat) | g | 0.21 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Ash | g | 0.21 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Carbohydrate, by difference | g | 28.59 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Fiber, total dietary | g | 0.3 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 3 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Iron, Fe | mg | 1.49 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Magnesium, Mg | mg | 13 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Phosphorus, P | mg | 37 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Potassium, K | mg | 29 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Sodium, Na | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Zinc, Zn | mg | 0.42 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Copper, Cu | mg | 0.038 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Manganese, Mn | mg | 0.377 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Selenium, Se | µg | 7.5 | -- | 0.459 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1992 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Thiamin | mg | 0.167 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Riboflavin | mg | 0.016 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Niacin | mg | 1.835 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Pantothenic acid | mg | 0.411 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Vitamin B-6 | mg | 0.050 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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|------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Folate, total | µg | 58 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 09/1997 |
| Folic acid | µg | 56 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2000 |
| Folate, food | µg | 2 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Folate, DFE | µg | 97 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2005 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 06/2002 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Vitamin A, IU | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.057 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 14:0 | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 16:0 | g | 0.051 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:0 | g | 0.004 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Fatty acids, total monounsaturated | g | 0.065 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 16:1 undifferentiated | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:1 undifferentiated | g | 0.064 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Fatty acids, total polyunsaturated | g | 0.056 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:2 undifferentiated | g | 0.046 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:3 undifferentiated | g | 0.010 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.028 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Threonine | g | 0.085 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Isoleucine | g | 0.103 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Leucine | g | 0.197 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Lysine | g | 0.086 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Methionine | g | 0.056 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Cystine | g | 0.049 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Phenylalanine | g | 0.127 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Tyrosine | g | 0.080 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Valine | g | 0.145 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Arginine | g | 0.198 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Histidine | g | 0.056 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Alanine | g | 0.138 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Aspartic acid | g | 0.224 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Glutamic acid | g | 0.464 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Glycine | g | 0.108 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Proline | g | 0.112 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Serine | g | 0.125 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Other | | | | | | | | | | | | | |